

GENERAL ARTICLE

ATTENTION DEFICIT HYPERACTIVITY DISORDER IN CHILDREN AND ADOLESCENTS - AN UPDATE

***Samir H. Dalwai**

****Aradhana Rohil**

*****Manish R. Garg**

******Supriya Mathur**

Abstract: Attention deficit hyperactivity disorder is one of the most common neurobehavioral disorders of childhood. This is an update on the latest 2019 guidelines American Academy of Pediatrics and will focus on the changes from the previous 2011 guidelines.

Keywords: AAP guidelines 2019, ADHD, Diagnosis, Treatment.

Points to Remember

- *Diagnosis of ADHD as per AAP guidelines-2019 should be based on DSM-5 criteria with documented impairment in more than one major setting and alternative causes ruled out.*
- *In adolescents, the manifestations of ADHD should have been present before 12 years of age instead of 7 years as stated in previous guidelines.*
- *A special focus is laid on screening for co morbid conditions and mimics of ADHD such as substance abuse especially in adolescents which can alter the treatment.*
- *For preschool children (4-6 years) with ADHD, behavioral therapy is the first line of treatment. Methylphenidate is to be considered as second line.*
- *In children (6-12 years) with ADHD, FDA approved medications along with behavioral therapy or behavioral classroom interventions should be prescribed.*
- *There is insufficient evidence to recommend diagnosis or treatment for children younger than 4 years, but they should be referred for behavioral modification in presence of behavioral concerns.*

References

1. Dalwai S. Neurodevelopmental Disorders and Learning Disabilities - Attention deficit/ Hyperactivity Disorder. In: Parthasarathy A, Gupta A, editors. Partha's Current Trends in Diagnosis and Management for Pediatric and Adolescent Practitioners. 1st edn. New Delhi: Jaypee Brothers; 2021; pp436-439.
2. American Academy of Pediatrics. Subcommittee on Attention-Deficit/ Hyperactivity Disorder, Steering Committee on Quality Improvement and Management. ADHD: Clinical guideline for the diagnosis, evaluation, and treatment of attention-deficit/hyperactivity disorder in children and adolescents. Pediatrics 2011; 128(5):1007-1022.
3. Wolraich ML, Hagan JF Jr, Allan C, et al. Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents [published correction appears in Pediatrics. 2020 Mar;145(3):]. Pediatrics 2019;144(4): 2019-2528.

* Developmental and Behavioural Pediatrician and Founder

** Fellow

*** Clinical Pharmacologist

**** Physiotherapist (Neurology),
New Horizons Child Development Centre,
Mumbai.

email: samyrdalwai@gmail.com

4. Kuppili PP, Manohar H, Pattanayak RD, Sagar R, Bharadwaj B, Kandasamy P. ADHD research in India: A narrative review. *Asian J Psychiatr* 2017; 30:11-25.
5. Duggal C, Dalwai S, Bopanna K, Datta V, Chatterjee S, Mehta N. Childhood Developmental and Psychological Disorders: Trends in Presentation and Interventions in a Multidisciplinary Child Development Centre. *Indian J Soc Work* 2014; 75:495-522.
6. David N. ADHD in Indian Elementary Classrooms: understanding Teacher Perspectives. *Int J Spec Educ* 2013; 28(2):4-16.
7. Arya A, Agarwal V, Yadav S, Gupta PK, Agarwal M. 2015. A study of pathway of care in children and adolescents with attention deficit hyperactivity disorder. *Asian J Psychiatr* 2015; 17:10-15.
8. Wilcox EC, Washburn R, Patel V. Seeking help for ADHD in developing countries: A study of parental explanatory models in Goa, India. *Soc Sci Med* 2007; 64(8):1600-1610.
9. Gulati S, Saini L, Kaushik JS, Chakrabarty B, Arora NK, Pandey RM, et al. The Development and Validation of DSM 5-Based AIIMS-Modified INDT ADHD Tool for Diagnosis of ADHD: A Diagnostic Test Evaluation Study. *Neurol India* 2020; 68:352-357.
10. Sitholey P, Agarwal V, Chamoli S. A preliminary study of factors affecting adherence to medication in clinic children with attention-deficit/hyperactivity disorder. *Indian J Psychiatry* 2011; 53(1):41-44.
11. Dalwai S, Unni J, Kalra V, Singhi P, Shrivastava L, MKC Nair. Consensus Statement of the Indian Academy of Pediatrics on Evaluation and Management of Attention Deficit Hyperactivity Disorder. *Indian Pediatr* 2017; 54:481-488.